

## Circumplex Scales of Interpersonal Efficacy

For each of the following behaviors, rate how sure you are that you can act that way with other people. Use the following rating scale:

|                                      |   |                                  |   |                                      |   |                                |   |                                      |   |    |
|--------------------------------------|---|----------------------------------|---|--------------------------------------|---|--------------------------------|---|--------------------------------------|---|----|
| 0                                    | 1 | 2                                | 3 | 4                                    | 5 | 6                              | 7 | 8                                    | 9 | 10 |
| I am not at all<br>confident that... |   | I am mildly<br>confident that... |   | I am moderately<br>confident that... |   | I am very<br>confident that... |   | I am absolutely<br>confident that... |   |    |

### Sample Item:

When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can express myself clearly

If you are absolutely confident that you can express yourself clearly, you would circle 10. If you feel not at all confident, you would circle 0. If you feel moderately confident that you can express yourself clearly, you would circle 5, and so on.

01. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can express myself openly
02. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can be tough
03. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can follow the rules
04. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can be assertive
05. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can hide my thoughts and feelings
06. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can fit in
07. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can keep the upper hand
08. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can avoid getting into arguments
09. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can smooth over any difficulties
10. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can be cold and unfriendly when I want to
11. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can get along with them
12. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can speak up when I have something to say
13. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can be submissive
14. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can understand their feelings
15. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can win any arguments or competitions
16. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can be a follower
17. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can get them to listen to what I have to say
18. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can get them to leave me alone

19. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can be nice
20. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can take charge
21. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can disappear into the background when I want
22. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can soothe hurt feelings
23. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can be aggressive if I need to
24. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can avoid making them angry
25. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can be a leader
26. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can be cruel when the situation calls for it
27. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can be giving
28. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can be forceful
29. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can be quiet
30. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can be helpful
31. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can tell them when I am annoyed
32. When I am with others, 0 1 2 3 4 5 6 7 8 9 10 ...I can let others take charge